

Hooked on Salmon Sticks

Makes: 8 servings

Ingredients

1 can pink salmon (14.75 ounces, drained)

16 saltine crackers (crushed, about 1/2 cup)

1 egg

1 tablespoon vegetable oil

non-stick cooking spray

Directions

1. In a large mixing bowl, combine salmon, cracker crumbs and egg.
2. Divide mixture into 8 balls and shaped into sticks about 4 inches long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 minutes or until golden brown.

Notes

Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones, and then mash the small bones with a fork. You can do this and you will never know the bones are there once the fish is cooked. Pink salmon is "swimming" with omega-3 fatty acids -- a "good" thing for your heart. So it's a good idea to get hooked on salmon.

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	55 mg
Sodium	300 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.

Source: Kansas Family Nutrition Program, Kids a Cookin'